

## Hardworking professional seeks relief from near paralyzing pain

*Craig* had enjoyed lifting weights, playing soccer and other physical activities for years. In June of 2008 he began experiencing back pain. While tolerable at first, it later started radiating into his right leg. Craig went to a chiropractor at first, which offered some pain relief.

The relief was temporary, however, and the pain eventually became excruciating. He called Dr. Rajnik Raab at North Jersey Spine Group. Dr. Raab recommended Craig take some anti-inflammatories, but they offered little pain relief. “The pain into my right leg was so bad that I had to leave work early.”

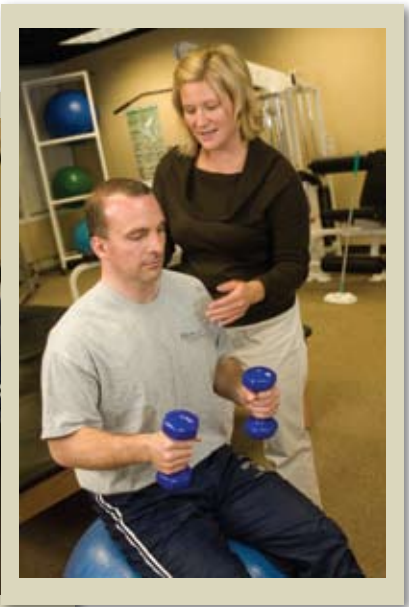
The next day, Craig experienced such severe pain symptoms that he had to be driven to the emergency room at Chilton Hospital. Dr. Raab was called to the hospital and an emergency MRI was performed that day. The MRI revealed that Craig had a herniated disc at L4-L5. An epidural injection was given to Craig to relieve the excruciating pain. This allowed him to sleep through the night. When he woke up the next morning, however, he was still experiencing intense pain.

Consequently, it was time for

surgery. Dr. Raab performed a microdiscectomy. Craig later learned that a pea-sized piece of the bulging disc had broken away and was pressing on the nerve root. A microdiscectomy is a minimally invasive procedure in which the surgeon uses a microscope to remove the herniated portion of the disc and relieve pressure on nearby nerves as they exit the spinal canal. This minimally invasive procedure helps to minimize incision size, tissue trauma and recovery time.

The surgery worked, Craig

immediately experienced relief from the pain symptoms. After surgery he is attending physical therapy sessions with Kim Baubles at North Jersey Spine Group, where he is learning stretching and strengthening exercises that help strengthen the core and protect the back from further strain. “The exercises are simple but very effective,” Craig explains. He rebounded very quickly from surgery and today is back to his normal lifestyle at work and home.



**Rajnik W. Raab, M.D.** is a board-eligible neurological surgeon specializing in the treatment of back and neck problems including spine surgery. He uses the latest in minimally invasive spine surgery instrumentation which decreases the size of incisions, shortens hospital stay, and speeds return to activity.

Dr. Raab has lived in the Jersey region for more than 20 years, graduating from Yale, in New Haven, CT, with his Bachelor of Arts. He then went on to medical school, completing his medical degree at the State University of New York Health Science Center at Brooklyn in 1997. He subsequently completed an internship in general surgery at the New Jersey Medical School, followed by a residency in neurosurgery at the same location.

Dr. Raab and Dr. Sundstrom have teamed together for more than four years and have worked with hospitals in Bergen, Morris and Passaic counties. Dr. Raab is a member of the American Medical Association, the American Association of Neurosurgeons, the Congress of Neurological Surgeons and the Alpha Omega Alpha Society.



**Dr. Rajnik W. Raab, MD**

**NONSURGICAL SPINE CARE:**  
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**SPINE SURGEONS:**  
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